



Detailed evaluation

Redlich, Sebastian

Total time: 5:37:44

Club: TV Fürstenwalde 1990 e.V.

Number: 16

Course: 116.79 km

Rank in course/Total: 36 (of 87)

Mittel Distanz

Rank in course/Men: 35 (of 76)

Best time in course: 4:35:09

Category:

Rank in category: 9(of 17)

AK3 / TM 30

Best time in the category: 5:03:54

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	1.90	43:26	22:51	16	7:18	65	41:53	1.90	43:26	22:51	16	7:18	65	41:53
Wechsel S -> R	0.26	2:16	8:43	1	-	9	0:39	2.16	45:42	21:09	15	7:10	58	15:12
Schwimmen Total	2.16	45:42	21:09	15	7:10	58	15:12	2.16	45:42	21:09	15	7:10	58	15:12
Rad netto	93.00	2:49:12	1:49	4	37:38	15	37:38	95.16	3:34:54	2:15	7	41:31	28	41:31
Wechsel R -> L	0.13	1:01	7:49	1	-	1	-	95.29	3:35:55	2:15	5	8:18	24	27:31
Rad Total	93.13	2:50:13	1:49	3	3:51	13	22:51	95.29	3:35:55	2:15	5	8:18	24	27:31
Lauf	21.50	2:01:49	5:39	12	25:32	51	35:04	116.79	5:37:44	2:53	9	33:50	35	1:02:35